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BRIGHTON

ADVICE TO INVALIDS & VISITORS

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George Morant

1845

BRIGHTON,

AND

ITS THREE CLIMATES.

BOSTON PUBLIC

BRIGHTON, (England

AND

ITS THREE CLIMATES;

WITH

REMARKS ON ITS MEDICAL TOPOGRAPHY,

AND

ADVICE AND WARNINGS

TO

INVALIDS AND VISITORS.

By A. L. WIGAN, M.D., Surgeon,

FORMERLY PRACTISING IN THAT TOWN.

3790 b. 114

"I do not sit down to canvass the opinions of others; I write WHAT I HAVE SEEN, and WHAT I KNOW."

Sir Charles Bell.

SECOND EDITION.

BRIGHTON:
ROBERT FOLTHORP & CO., 170, NORTH STREET.

1845.

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From Holton Library
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Rev. T. H. Galloway.
Feb. 7, 1866

PREFACE.

THE following remarks were prepared for publication anonymously, under the signature of *An Old Practitioner,* the writer feeling that his name could add no weight to his opinions. He has been induced by a Physician of the highest professional and literary eminence, to alter his determination, and authenticate his facts with his name. This takes away some of the freedom of an incognito; but, as there is not a single opinion expressed which is not the result of the most deliberate and mature conviction, he hopes that he shall not be accused of assuming a dogmatic tone, which might be excusable in an anonymous writer, but to

which his humble acquirements have no pretensions.

A story is told of two men, from distant counties in Scotland, who, disputing about the quality of the butter in their respective districts, proceeded from words to blows. One of them being rendered insensible by the superior prowess of his antagonist, was asked on recovering his consciousness, if he would acknowledge himself beaten, on which he at once ceded the palm of victory, but declared that if the other dared to repeat that there was *bad butter in Aberdeen* he would fight him again till he died.

It is a strange feeling, this pugnacity of local patriotism. Every man feels a stigma on his country more offensive than one on himself; but a stigma on the town he has *selected* for his permanent residence, or is compelled to reside in by his position; or on the place of his birth (which he certainly did *not* select, and for which he is in no way responsible), is always an aggravation of the

offence. This is a natural instinct, and, like all natural instincts, no doubt implanted for a wise purpose; but it has its disadvantages, and to a truth-teller is sometimes embarrassing. The writer hopes that those who are tenacious of the honour of Brighton will be satisfied with the praises he has somewhat lavishly bestowed, and will not reproach him with having proclaimed that there is *bad butter in Aberdeen*.

But to be serious. The attractions of Brighton are so many and so various; it has such abundant resources, and so great a supply of all the aids which the medical art can require, that it may well afford to let its few and temporary, but *serious* evils, be put before the public; amidst all the changes of fashion it is sure to retain its pre-eminence.

The well-known story of the Highland gentleman returning from a visit to his friends in the south must not be applied on the present occasion:—"Donald," said he to his servant, "have ye packed up *all* my clothes?"—"*At*

least, your honour," was the reply. Now, what is here stated of Brighton is not *the truth at least*, but the truth, the whole truth, and nothing but the truth, as far as it is known to the writer.

It must be borne in mind, that these remarks are intended for the use of invalids. Nature has not made man so fragile that he cannot resist even a positively deleterious influence; he can enjoy almost equal health in a temperature of ninety degrees and of ten below zero. There is no place on the Globe which combines all the causes of health, or escapes all the causes of disease. In this respect, however, Brighton is most highly favoured.

INTRODUCTION.

BRIGHTON is the great Sanitarium of the largest and wealthiest city in the world. It has long been the most easy of access, as well as the nearest point of the coast from the metropolis, and the completion of the railway has given additional facilities for the easy transport of invalids. The journey of more than fifty miles is now performed with less fatigue than would formerly have been produced by an excursion of three or four leagues. The abundant supply of comforts, luxuries, and medical auxiliaries, superadded to the other advantages of one of the most beautiful towns in Europe, attracts, probably, a greater number of visitors than all the other watering-places of the coast put to-

gether. Its immense extent—more than three miles of coast line—its varied surface, and its geological characteristics, necessarily produce a variety of climate. The writer of the following pages believes that the extent and importance of these varieties are by no means appreciated by the public, or by medical men, although they exercise an energetic influence in removing disease, or retarding recovery.

At least three distinct climates exist in that town; each of which is beneficial or injurious, according to the nature of the malady subjected to its influence; and these three climates present characteristics as distinct as any three watering-places in the kingdom.

It is a matter of surprise that no one has yet attempted to afford the necessary instruction on this subject, for the guidance of invalids, and of general visitors, many of whom become invalids *from causes perfectly avoidable*, and which produce instant conviction on

their minds when pointed out. Except the necessarily brief notice in the excellent work of *Sir James Clarke on Climate*, and an account of the Baths of Brighton, more than twenty years ago, by the late Dr. Gibney, the writer is not aware of any notice whatever, nor of any work on the subject. He will endeavour to supply this deficiency, for which he has certainly ample materials. A long familiarity with the town, as a visitor from the beginning of the present century, and a residence therein of twelve or fourteen years, enable him to speak with confidence on the subject, and to give, he believes, much useful information, not only to those who have already selected the town as a residence, but especially to such as are balancing the propriety of going there; and to save them, not merely much trouble and expense, but bitter disappointment from an improper decision.

During the whole of the author's residence in Brighton he was in the habit of noting down its peculiarities, and of correcting his

notes from time to time, as new facts, or new explanations of old ones, forced themselves on his attention; and his records and recollections of cases are so numerous as to leave him in no doubt that his present convictions are correct, and may be implicitly relied on as a guide. During the first seven or eight years his mind changed from time to time, as to the efficacy of this or that mode of treatment and general management; but latterly he has found nothing to alter in his opinion; assuming to himself, then, the average portion of common sense and observation, if such an extent of experience be not sufficient to give value to his advice, it would seem in vain to expect exact knowledge on the subject from any source.

The writer considers it to be an advantage that his practice has not always been confined to one locality. He is familiar with a great portion of the most usual places of resort for invalids in the three kingdoms, and on the Continent. He is well acquainted with

the practice of medicine in almost every nation in Europe, and he was largely employed nearly twenty years in London and in the country, far removed from the influence of sea-air. He cannot but think that this has tended to obliterate the prejudices which biassed his own early judgment, and which are apt to beset even the best-informed and most intelligent men who have been always confined to one spot. It seems to the writer that even such men sometimes mistake the local phenomena of the district in which they happen to reside for the general phenomena of nature, and do not make sufficient allowance for the effect of *local atmosphere* in influencing the progress of disease, and modifying the treatment, of such invalids at least as have not resided long enough to become perfectly climatised.

There is yet another advantage which the writer claims, as adding to the authority of his recommendations. He is perfectly disinterested in the result. He does not write

to attract notice to his name, nor to start a new theory. He no longer resides in that favoured town, which he believes, taking it altogether, affords more aid in the cure of a greater number of diseases, and possesses a more salubrious climate than any other town in the kingdom. It is, however, of the very essence of atmospheric influence, that if it benefit one class of diseases, *it must necessarily aggravate those of an opposite character*, and the air of Brighton, as far as his experience extends, IS NEVER NEUTRAL.

The medical attendants of families in London generally consider "Brighton" and "the sea-side" as convertible terms. Such, certainly, was the writer's own view when he resided in the metropolis.

"Quand rien ne réussit, nous l'enverrons aux eaux."
"Ah! voila LE FIN de la Medecine."
MOLIERE.

When, however, the object is *not* merely to get rid of an unmanageable case (an accu-

sation frequently preferred against medical men), but to place the patient in the most favourable circumstances for cure, the London practitioner generally relieves himself from responsibility by recommending the invalid to some one at Brighton in whom he has confidence, and who, he naturally thinks, is better qualified to superintend the future treatment than he himself is to lay down rules for the absent in the various contingencies that may arise.

This would be well, and lead only to good, were the patient to consult the referee immediately on his arrival, and before he has made the arrangements which ought to be the result of mature reflection. The course of affairs, however, is generally this. He hastens to escape from the heavy and bootless expenses of an hotel by getting immediately into a house, or lodgings—feels himself better from the mere change of air, or the escape from the smoke of London — from the invigorating effect of a sea-breeze — from the in-

fluence of hope, and faith in the benefits promised by his medical adviser and friends. He is thoroughly disgusted with drugs, and fears he may be recommended to resume them, so he determines to delay the presentation of his letter of introduction till some fresh symptom, or aggravation of old ones, shall make it imperative to call in advice; devoutly hoping to defer it to the Greek Calends.

At the end of ten days or a fortnight, some change in the weather, the neglect of some obvious precaution, some act of positive imprudence (for invalids often fancy, that in coming to the sea-side they are at once exempted from the necessity of taking ordinary care), perhaps the regular and silent progress of a malady which had been temporarily arrested by the change of climate, or even the injurious influence of the local atmosphere, —excites his alarm, and he hastens to his medical adviser.

The physician or surgeon to whom he has

been recommended sees at once, perhaps, a case which ought never to have been sent to Brighton, and is placed in a very embarrassing position. To say to the invalid, "Dr. B. has made a great mistake in sending you to this place—you must leave it immediately," is (to say the least) a very ungracious return for the confidence and kind feeling of the London adviser who recommended him to the patient; neither is it very agreeable to act so decidedly against his own interest. Suppose him, however, to make the observation above stated, the answer is, perhaps, "Sir, I have brought all my family here—I have taken a house for three months—I have made all my arrangements in accordance with this, and cannot afford to lose my money." Should the doctor persist, it is more than probable that the patient, naturally unwilling to admit a disagreeable conviction, looks about for a pretext for avoiding an expensive and inconvenient change in his plans. He has full confidence in the skill and judgment of his London ad-

viser, who, he is sure, would not have sent him to Brighton without good reasons—thinks it highly probable, therefore, that his Brighton man is mistaken, and perhaps attributes the advice to want of knowledge how to treat so "peculiar" a case; for every man's own case is "peculiar," and (to himself) *extraordinary*, because of the difference between the actual experience of sensations, and the impression produced on hearing them described by another —an error to which medical men are at least as liable as the public. So he resorts to another practitioner, and another, till he finds one who is, or affects to be, of a different opinion; or who, at any rate, thinks that, under the circumstances, it is right to make the best of a bad bargain, and try to obviate the mischief of the original advice by care, attention, and medicaments.

Patients are rarely candid on such occasions, and will even conceal the symptom which they suspect to have been the cause of the disagreeable advice, just as they put away the forbid-

den decanter when they expect a visit from the doctor.

Besides, although Brighton does not agree with the patient, *it agrees exceedingly well with his wife and family;* and they, also, are unwilling to acquiesce in a removal to a dull inland situation, or to a less frequented or less fashionable watering-place.

This, for example, is a case which has occurred to the writer many, many times, and from which extrication was always both difficult and embarrassing. Having himself no local connexions at Brighton, he was mainly consulted, during his residence in that town, by persons recommended to him from London, and it was always a *matter of interest*, in both senses of the word, to save the reputation of the London practitioner, as well as to do justice to the patient. He does not affect to have been more indifferent to his own advantage than other men, and he found that, in the great majority of cases, the choice of a locality for a residence, the kind of house selected, and

the numerous resources and precautions which experience had dictated, would in a great degree neutralise the mischief of an atmosphere not strictly adapted to the disease, and enable the patient, while undergoing the process of *climatising*, (which, happily, is one of the powers of nature,) to reap the benefit of the numerous auxiliaries which can only be found in a large town, and nowhere in such abundance and perfection as at Brighton.

Among these advantages, that of being enabled to select a medical attendant from a large body of enlightened practitioners is by no means one of the least important. There are among them men of superior education, of ample experience, of patient and unwearying attention, of gentle and sympathising manners, and of great personal respectability; so that the patient must be either peculiarly unfortunate in his selection, or peculiarly unreasonable in his "requirements," should he not feel satisfied that he is receiving all the aid and comfort

that the present state of medical knowledge can bestow.

Were the writer to name any of the gentlemen to whom he alludes, his motives might be liable to a misconstruction offensive to them and to himself. He abstains, with regret that he cannot on the present occasion testify the respect that he feels. All that he will say on the subject of selecting an adviser is, that if the circumstances of the patient will not allow him to employ *a physician* as his steady, regular, and *exclusive* attendant, common sense will dictate an arrangement with the surgeon-apothecary, by which the remuneration shall not be made to depend on the quantity of drugs swallowed.

A large proportion of the invalids who resort to Brighton require *a very little* medicine, and *a very great deal* of advice and guidance. Let them, at least, not grudge a decent remuneration for attendance, when drugs are unnecessary, or only required at intervals.

This suicidal meanness is like refusing to pay a performer in the orchestra for his "so many bars' rest." Both the one and the other *wait for the proper time to come in*, and neither health nor harmony would be the result of incessant activity. Medical men of all classes are most liberal and generous in the sacrifice of their time, skill, and labour to such invalids as they consider to be in straitened circumstances. The surgeons and physicians of hospitals and public charities always give their services gratuitously. Did any one ever hear of a gratuitous chaplain, architect, or solicitor to a public establishment?

Having taken due care then in the selection of a medical attendant, the patient may be assured that to pay liberally, as far as his means will allow, to treat his adviser respectfully, to follow his instructions implicitly, without attempting to reason upon them, (for which he is necessarily unfitted,) and to confine the doctor's attention strictly to the case, is the way to obtain the greatest amount of benefit

from medical attendance, and is, indeed, the most economical expenditure of money in the purchase of health.

To those who know the beneficial effects of religious tranquillity in promoting recovery from a dangerous and lingering disease (and what medical man is there who is ignorant of this important fact?) it will not seem out of place to remark that one of the attractions of Brighton is the possession of its most exemplary body of clergy. Nowhere can be found a set of men, whose blameless lives, whose zeal and talents, mingled with the highest discretion, and whose active and disinterested exertions in the cause of humanity, do greater honour to their noble profession.

The writer does not, on the present occasion, enter on the medical management of disease, because he is not addressing medical men; neither would he presume to dogmatise on the subject were he writing exclusively to the Profession. He has seen too much of the apparent contradictions and discrepancies of

medical practice in the various nations which it has been his lot to visit, to decide that *only one plan of treatment* is admissible or beneficial in *each specific case.*

In giving these pages to the public he has to allege the hackneyed excuse, the "counsel of friends," who have been struck by his remarks on the variety and importance of the Climates of Brighton, and of the *serious mischief of an undiscriminating recommendation of that town to invalids.* They tell him that he would not be justified in withholding information necessarily possessed by few, and which, if known, is certainly not recorded. He yields to their advice with little hope of attracting notice among the incessant claims on public attention, and no otherwise caring for the issue than from the natural repugnance to take a good deal of trouble for no result.

BRIGHTON,

AND ITS THREE CLIMATES.

THE town of Brighton may be conveniently divided into three parts; the centre portion, extending from Cannon Place on the west, to the New Steyne, or even to Rock Gardens, on the east; and the two extremities, to Adelaide Terrace on the west, and to Arundel Terrace, Kemp Town, on the east, each inclusive.

Although this division is arbitrary, and the characteristics of each portion fade off insensibly into each other, it is sufficiently distinct for my purpose, and I shall use the terms *Eastern*, *Western*, and *Centre* portion when speaking of the influence of locality on disease, and recommend or forbid them accordingly.

The Centre portion, being occupied by almost all the permanent inhabitants of the town, is necessarily the most frequented; and as all these persons have connexions in London, is, of course, most frequently recommended to strangers. It differs, however, very little from any inland town placed in a low situation, and it possesses none of the quality commonly called "bracing." Much annoyance is occasioned by the numerous steam-engines belonging to the baths and breweries, and the chimneys of private houses in the Western and Eastern portions of the town, according to the direction of the wind, which blows from those quarters respectively about eight months and two months throughout the year—north and south for the remainder.

When the wind is due north the atmosphere at all seasons is beautifully transparent, and the whole town as brilliant as Genoa. In ordinary weather, although each extremity of the town is extremely clear, the middle portion has a mist (at least) which prevents the free

ascent of the smoke, and the inhabitants of one end of the town can scarcely ever see the other extremity—each generally supposing the other end to be enveloped in smoke, when, in fact, it is as clear as his own portion.

The Centre of the town has been so effectually drained, and there is so much care employed to remove nuisances, that it is not objectionable to those in health, nor, indeed, to more than one class of invalids, and it presents the advantage of baths, libraries, shops, riding-schools, fencing-rooms, billiards, and other sources of health or recreation.

To individuals without families, and who are unable to have a permanent conveyance, and to those who resort to the baths for *maladies requiring surgical aid only*, or who merely come to Brighton to escape the turmoil of business, or the thick atmosphere of London, this part of the town is well adapted; but such as have their families with them, and can afford the larger and better built houses of the East and West, should not sub-

ject themselves to the disadvantages and annoyances inseparable from a low situation in the centre of a large town.

The Eastern portion of Brighton is elevated considerably above the sea, and, except when the wind is violent, escapes in a great degree the admixture of saline particles with the atmosphere; not chemically, but mechanically suspended therein. It has a chalky soil, through which the rain immediately percolates, and which permits no moisture to remain on the surface. The houses, too, are of modern erection, and possess many of the comforts and conveniences which have only lately been brought into general use, and the air is decidedly "bracing."

The Western portion, again, (at least, that part of it which abuts on the sea,) has a clayey soil, and a mild and soft climate. The clay has, however, been so largely excavated for building, and for bricks, and the immense lawn in front of the sea is so entirely composed of artificial soil, covering a bed of round-

ed pebbles, and the country further to the west in the direction of the prevalent winds is so entirely gravel, that it escapes in a great degree the annoyances which the original composition of the soil would have seemed to indicate. *I consider that portion of the Western division of the town which is north* (*and, perhaps, inclusive*) *of the Western Road; the upper part of Montpellier Road; extending to the New Vicarage, and the house called the Temple, and round to the Poor House, to be by far the most salubrious portion of the whole town.* There are, indeed, very few, if any, maladies for which the air of Brighton is advisable that will not be more favourably placed here than elsewhere.

The foregoing brief description of Brighton is by no means all that is necessary for the judicious location of an invalid. He will require more extensive and more precise information from some one well acquainted with the town, and especially from his medical attendant; at least, on the supposition

that it is his first visit to the place *for the purposes of health.* Nevertheless, there is nothing like personal experience in these matters, and if he have on former occasions found decided benefit *under the same circumstances* in the spot to which he had been directed by chance, let him by all means keep to it. He is not, however, to suppose, that if his disorder remain stationary in that spot, it may not be benefited by removal to another part of the town.

On this subject I shall have more to say when speaking of the maladies for which Brighton is resorted to by invalids. What has been already stated is, perhaps, sufficient to make the patient hesitate before he commits himself by taking a house.

There is no proposition of which I am more firmly convinced, than, that *in all cases whatever*, the sea-air is more salubrious at the distance of five or six hundred yards from the edge of the water than close to it.

Persons who go to Brighton are generally the inhabitants of London, to whom the sea is an agreeable novelty, and they are naturally desirous of seeing as much of it as they can. There is something so grand and exhilarating in the view of this noble object to those who have been shut up in a city, that it is quite natural they should at once fix themselves in the front line, especially if they happen to arrive in fine weather, which is not eternal at Brighton any more than elsewhere. But those houses in the front line, in the middle portion of the town, which are let into lodgings, are mostly small and ill-built; small low rooms in front; still smaller, close, and dark bed-rooms behind. Of course there are some exceptions. The sun in winter is so cheering and attractive that visitors are glad to have the most of it, and do not consider some disagreeable collateral circumstances. In summer, *when the sun is high*, there is no reflexion from the water to interrupt the view in a southern aspect, but in winter,

when the sun is low, it gives nothing but an irritating glare from the surface of the sea, which prevents anything from being seen, and makes it necessary to keep down the blinds till almost sun-set. When there is no winter sun, and the weather is misty, the sea presents generally the aspect of a *dull grey wall*, an object anything but agreeable.

From the middle of July to the middle of October, invalids may locate themselves as close to the water as they please — or on it. At other seasons let them keep at a short distance, and if they have the power to choose, select a house with an eastern aspect. This, by the by, from the structure of the town, will generally be south-eastern; take it altogether, the best "exposition" of all.

From the middle of *March* to the middle of *May*, unless in compliance with *deliberate* medical advice by one who thoroughly understands the subject, and to whom you have given ample opportunities of knowing your disease, *stay away altogether*.

The heavy sea fogs in the Channel in the latter part of April and in May rest on the water, and are gradually floated by the tides on to the land, to which they adhere so firmly that the receding tide has no effect in removing them. The atmosphere is so unequally heated, that portions, at the distance of a few yards only, will vary in temperature from six to ten degrees; and in calm weather, in sheltered situations, to even a greater extent, alternating with piercing winds from the east. This, added to the intense power of the sun, and other causes which might be enumerated, altogether make the southern coast at this season decidedly objectionable. Indeed, in March and April it is no uncommon thing to see an attack of erysipelas from imprudent exposure in what appears splendid weather; and sometimes a severe attack of jaundice, very difficult of cure. Even when the latter does not take place, there is a *tendency to it*, which produces great debility and discomfort. *I know no*

malady whatever, NOT EVEN GLANDULAR DISEASE, *which is benefited by sea-air thus early in the season.* Even persons in health come in from a walk or ride unrefreshed, fatigued, and suffering from headache; and the kidneys act in such excess as to give almost the appearance and almost the effect of diabetes. This symptom is, indeed, a frequent effect of sea-air at all seasons, and, when it does not subside spontaneously, requires attention, or it will defeat every attempt to re-establish vigour.

Independently of medical means, I recommend, under such circumstances, to stay in doors till after an early and nutritious dinner, and to burn wood instead of coal;—at any rate, to let a portion of the fuel be wood, to keep a clear fire and a strong draught in the chimney, and thus escape the gases produced by the combustion of coal, when to stay in the house is (from any cause) compulsory.

The month of June, when (as the phrase is) there is "not a soul in Brighton," which, as in

London, means *souls and bodies of a certain class*,—this month and the next are not merely the most delightful period of the year, but that in which the air of the sea at Brighton has the most energetic influence in the cure of disease. The sea-fogs are over; the air is become of an uniform temperature, not too warm to admit of abundant exercise; the pathways and roads through the corn-fields afford delightful walks and rides; the Downs are in perfection; open carriages may be had on exceedingly moderate terms. There are various picturesque and healthy spots in the vicinity of the town, or within the compass of an hour's drive, which are a charming resource for the ailing and the idle. One of these spots always struck me as the most perfect little picture of the south, viz., the field east of the Windmills, looking over the beautifully-wooded village of Preston; — although partially mutilated by the railway, it is still the most agreeable spot in the immediate neighbourhood, and is only a mile from the Vicarage.

A house with large rooms is an important consideration in the management of indisposition. A good room, with south-eastern aspect, admits of having the windows open, whatever may be the violence of the wind, which, at Brighton, as I have before remarked, is almost always from the west and south-west. Large rooms admit of taking exercise when the wind or rain prevents the enjoyment of the open air; and, up to the month of September, a large house may be procured for less than a small one, or even less than lodgings, as the class of persons whose establishments require large houses seldom visit the town till late in the autumn.

At whatever season, I recommend, that when the wind blows with violence from the sea, the accustomed promenade should be directed towards the country. A quantity of fine sand from the beach, so minutely impalpable as to be almost a fluid, is suspended in the air, and necessarily inhaled;

and though it has none but mechanical effects, it is sufficient to produce a sense of oppression and weariness; and to tracheal disease and irritable lungs is obviously injurious. Of this I shall speak further.

Many great towns are partially surrounded by gardener's grounds or highly cultivated fields. This is remarkably the case in some of the suburbs of London, where a constant succession of fresh manure is used, to force two, three, or even four, crops in the year. This animal and vegetable filth, in a state of decomposition is spread over the land sometimes twice a-year, contaminating the atmosphere to a great distance around, and produces extensive disease. It is strange that the public should be so very indifferent to this,—that they should inhabit, by choice, houses built in the midst of this sea of putrefaction, when, if an offensive odour arise from a drain or stagnant puddle in the town, they are up in arms to remove the nuisance.

I knew and attended in succession five families in a single row of houses in a locality of this description, which I must not name more specifically. All of these families were ultimately compelled to quit the neighbourhood, from a succession of anomalous ailments and frequent fevers. I believe, indeed, that the fevers so common among farmers and farm-labourers often arise from this cause.

Some persons may think that undue importance is attached to this subject, but a circumstance which occurred a few years ago at Clapham will show that it is scarcely possible to exaggerate the consequences. A school of boys was attacked with a new form of disease so suddenly, that it was attributed to poison; some of them died, and the alarm and consternation were boundless. The most careful analyses of the food, examination of the contents of the stomach, and every investigation which science could suggest, failed to throw any light upon the subject, and it was not till other persons in the neighbourhood

became affected in the same manner, though in a milder degree, that the cause of all the mischief was ascertained. A cesspool at the bottom of the playground had been emptied, and the contents thrown on the adjoining land for manure: twelve hours afterwards the terrible effects were manifested on the children.

Now, from all these and similar causes of indisposition, Brighton is entirely exempt. Its supply of vegetables is brought from a distance, and the Downs, with their dry soil and elastic turf, equal to the greensward of a fine lawn—the Downs, which surround the town, furnish the purest and most exhilarating air in the world. Never on the Alps, the Appenines, or the Jura have I felt so intensely, so *exultingly, the abstract pleasure of mere animal existence,* as on the Downs in the neighbourhood of Brighton. No manure, no decomposition on the surface, because no humidity will remain there,—at such a distance, or such an elevation above the sea, that all which is

insalubrious in the air has been deposited before it reaches them. A canter over the Downs in a fine day produces the feelings of the Arab in the desert: the breathing deep and complete, and every air-cell of the lungs fully opened and performing its duty. Eat and drink whatever you please, and as much as you please, if you can take abundant exercise on the Downs. I believe, indeed, that an occasional excess in the pleasures of the table is harmless, and even beneficial, when you have such a rectifier as this. I speak, of course, here chiefly of such as have been suffering from confinement to a town, and insufficient exercise. There are very few of the diseases (not organic) to which such persons are liable that will not yield to this kind of exercise—to fencing and to tennis. *An occasional excess, and an occasional fast, call into action some of the most valuable functions of the stomach left in abeyance by those who practise extreme regularity.*

Speaking generally, and with exceedingly rare exceptions, (if any,) ALL CONGESTIVE DISEASES ARE AGGRAVATED BY A RESIDENCE AT BRIGHTON. By "congestive," I mean such diseases as are caused or accompanied by local accumulation of blood, principally venous, circulating languidly in any of the organs of the body, and unattended with inflammation.

It would not be difficult to give a plausible explanation of the above, but I prefer to state the simple fact, (of which my conviction is absolute,) and leave each practitioner to form his own opinion.

For a long time I lent a very deaf ear to this very disagreeable conviction, but in the end felt it a matter of conscience to send all such persons, not only away from Brighton, but from all influence of sea-air. A man will be rarely wrong in acting boldly on convictions which are decidedly opposed to his own interest; and I rest absolutely and entirely on this.

Inflammatory dyspepsia is another of the ailments for which Brighton is objectionable; and, generally, all the diseases of the kidneys and bladder which are not attended with a considerable secretion of albumen, the latter being apparently benefited by the atmosphere, which aggravates the others. Such at least is the result of my own experience in these obscure diseases.

The patient, then, must take advice before he makes his decision.

Many things seem to prove the limited extent of local atmosphere at Brighton, as elsewhere: the absolute line of demarcation between the foggy and the transparent portions of the air, according to the composition of the soil—the difference in the exhalations which arise therefrom in consequence of such differences in composition. In calm weather, these may be said to *create* the atmosphere of the spot, which soon rises into the higher regions, and is replaced by a fresh formation. There are lines where the young shoots of trees

are withered into hay as fast as they bud forth, on the side next the wind, while the protected side continues to grow, and thus produces the appearance of *leaning*, as if the trees were all bent in one direction. A few yards to the right or left where there is apparently an equal absence of protection, shall be entirely exempt from this evil, and the trees shall grow in their natural form. This is remarkably the case a few miles from Brighton, near Lancing. It is clear, therefore, that atmospherical currents do not exclusively depend on the configuration of the surface of the land, and that consequently the air of one spot may differ essentially from that of another, but a very short distance from it.

Many invalids, whose ailments were stationary or retrograde while residing in face of the sea, or very near to it, have recovered immediately when I have sent them to the top of Montpellier Road, Montpellier Terrace, to the New North Road; to the row of cottages near the Poor House called Vine Place, or even to the Wes-

tern Road, especially the western part of it; but these places afford few good houses.

With more than one member of my own family, I have seen as great an alteration for the better in twenty-four hours from this change of place, as every one must have witnessed on the removal of a sick child from London into the country. In like manner I have seen instances of similar benefit by removal from the middle portion of the town, or from the front line next the sea, to Upper Rock Gardens, to the neighbourhood of the Catholic Chapel, and to Kemp Town. On the other hand, some ailments for which the air of Kemp Town, and the Eastern portion was too keen, or from other causes improper and injurious, were essentially benefited by removal to the best parts of the middle portion, or to the west end.

All these things must be taken into consideration by the medical adviser, in each individual case. My present object is to show that *some* advice is necessary, or the patient

may chance to miss all the benefit the place was capable of affording. Persons in health are not likely to consult my pamphlet, though some of *them*, even, by extreme imprudence, contrive to lay the foundation of disease in a town, which I have called the healthiest in the kingdom. The only hint I give to such persons is, that neglect of common precautions is in every respect as injurious at the sea-side as elsewhere; especially the imprudences connected with night air, and checked perspiration. The exact contrary is the general belief.

That delightful promenade *the Chain Pier* is so frequent a cause of indisposition in the early part of the year, that I have been accustomed to say that it ought to be maintained at the expense of the medical men of the town, from the practice it brings them. The sheltered walk under the cliff (which leads to it) affords a delightful resource, when a bitter north-easter makes other places disagreeable. The perfect defence from the wind, with the benefit of a winter or spring sun reflected from the Cliffs,

gives quite the feeling of summer, and this degree of shelter and warmth will extend perhaps to half the length of the Pier itself. At a certain point the protection of the Cliff ceases; you pass from a calm air (under the Cliff) at fifty-five or sixty degrees, to a keen wind at thirty-five or forty, which from its rapidity produces the effect of a frost. The bright day has perhaps induced some change in the clothing, and with women and children especially, the mischief is often done in a few minutes.

No doubt many of the things here asserted of Brighton are common to other watering places, but I have laid it down to myself for a rule, to make no allusion to them, to confine myself strictly to that which *I know thoroughly*, and to leave those to describe the peculiarities of other places who have a more extensive and more minute experience of them. It is not a residence of one year, or even of two years, that will

enable a man to speak with confidence on such a subject. We generally find that visitors describe the different watering places as cold, damp, dry, sultry, braceing, or debilitating, according to the weather which chanced to prevail during their stay, or the spot in which they happened to locate themselves.

A common objection to Brighton on the part of Londoners is, that it is injurious to the eyes. This opinion, no doubt, takes its rise from the pain which often accompanies the comparatively permanent *contraction of the pupil* on changing the moderate light of a town for the vivid light of the south coast. It is a pain which ceases at the end of a few days, and, as far as I recollect, *is always followed by an improvement of the vision. I know no exception.*

Now Brighton has the most extraordinary exemption from disease of the eyes of any place in Europe that is known to me; and

many of these diseases get well there spontaneously, that are only cured elsewhere with great difficulty. So remarkable is this exemption, that having been in the habit of receiving gratuitously at my house a great number of poor persons (sometimes more than two hundred weekly) labouring under all sorts of ailments, and being myself remarkably interested in that department of surgery, it really was a subject of constant regret and mortification that a case of ophthalmic disease scarcely ever came under my observation. Indeed, when a Public Eye Infirmary was established in the town, almost all the patients were from distant places. There can be little doubt then that Brighton is more exempt from diseases of the eye, and more favourably situated for treating them, than any other spot in the kingdom.

A very valuable auxiliary in the treatment of disease at Brighton is THE GERMAN SPA;

where almost all the celebrated waters of England, of the Continent, and even of America are prepared in absolute perfection by the consummate chemist who superintends the establishment. Although, however, some of the cures performed by these waters seem little less than miraculous, I am inclined to attribute a large portion of them to the *early rising*, the *active exercise*, the *abstinence*, the *air of the Downs*, the *entire change of habits*, and, above all, to that *thorough "cleaning" of the internal coats of the stomach*, which accompanies their administration. The combined effect is that of establishing a *completely new sanguification*. That is, it creates a perfectly new mass of healthy blood.

These waters are, however, so various in their composition, and so different in their effects, that no one should venture on the use of them without advice from a competent person. I have seen many an attack of gout from a wrong selection. The most

permanent and the most extraordinary cures of tic-douloureux which have ever come under my notice, have been effected by the Mühlbrünnen water, aided by the collaterals above-mentioned.

There is no better water in the world than can be obtained at Brighton, and this is a matter of importance, both for comfort and health. In the old parts of the town, and even in houses built within the last thirty years, the well and the cesspool are so close together as to produce the most abominable contamination. There is now, however, no excuse for submitting to this disgusting annoyance, since the town is abundantly supplied by the water-works. These are situated on the Lewes road, a little beyond the barracks, at the foot of the chalk hills. A deep well and immense subterranean chambers receive the water which filters through several hundred feet of chalk rock. This is pumped up by a steam-engine to a high spot

on the Downs, where, on exposure to the air in a reservoir, it deposits a part of its carbonate of lime which is held in solution, and is then sent into the town as pure as possible. I recommend invalids to insist on this water being used wherever there is the slightest reason to suspect that of the well. Trifling as may be the influence of each individual dose of noxious matter in the water, the repetition of it from day to day may be sufficient to weigh down a balanced scale.

The various warm baths of the town are well managed, and are, in general, too well understood to need any recommendation or advice. I cannot but feel surprise, however, that the Douche Baths, which are to be found at all the establishments, are so little used; indeed, so little known, for I have met with many medical practitioners in London who knew neither their existence nor their nature. As some of my readers may be, perhaps, equally uninformed on the subject, I will describe them.

The Douche is effected by a large quantity of hot sea-water raised to the upper floor of the house, and let down through a tube; it is directed by a flexible leathern hose to the part of the body requiring it, and by drawing back or approximating the end of the pipe, any degree of force can be given. In old ailments of the knee and other joints, where there is stiffness from deposits; in lumbago and sciatica; in some of the diseases of the spine; and in (strange to say) some of the disorders called "nervous," this remedy is highly beneficial. The principle seems to be *heat, moisture, and compulsory circulation*, which are, in fact, the essence of the Shampooing Bath; but I have some suspicion that the "modus operandi" of the Douche, when applied to the spine in nervous diseases, has a mysterious connexion with magnetism or electricity.

On the subject of general bathing, information can be obtained from so many sources

that it is quite unnecessary to dwell upon it; but bathing in the open sea by invalids, and especially by young females, requires a great deal of caution. The chance of benefit rarely equals the risk, and the mischief done every season by *premature*, *excessive*, or *improper*, bathing is enormous. It is really frightful to see the consequences which sometimes arise in young females from indiscriminate bathing in the sea. Many a case of chlorosis have I seen changed into phthisis by this dangerous practice. No young female ought to bathe in the sea, unless under the clearest medical instructions of a man on the spot. All, and more than all the benefits may be obtained by modifications of house bathing, and by resources, which practice and observation have made familiar to medical men.

Congestion is so often mistaken for debility —the two diseases have so strong an external resemblance, to the *uneducated eye*,—that the public can rarely be brought to believe that they are not identical, or that there can be

any necessity for recurring to medical advice in what appears to them *so clear a case.* The mistake has often the most fatal consequences.

B. bathes in the sea and is ill, because A. bathed and was cured; and D. stays away from the sea-side, because C. was made ill by bathing, though D. would have been cured by it.

One of the greatest annoyances to which Brighton is subjected is, the extreme violence of the wind. This is at all times a nuisance; but, when the direction is easterly, the pungency is beyond expression. This wind is uniformly dry, and has a large quantity of fine sand suspended in it, sand which had been deposited on the surface of the soil in the interior during violent storms from the sea. In fact, when the easterly winds prevail before the commencement of the season for watering the roads, the sea-front of Brighton is almost impassable. Some persons believe that "*hardening,*" as they term it, by exposure to the

air, is of great benefit to the constitution, and they persist in the practice, even under these unfavourable circumstances. In order to keep themselves warm, they are compelled to use violent exercise; this, of course, produces rapid and deep inspirations, and the fine sand, which, in ordinary breathing, would have been arrested in the nose or fauces, is absolutely received into the air-cells of the lungs, where it may produce great mischief. *On such occasions, stay at home,* unless you are well enough to resort to fencing, tennis, and such like amusements; or, if a lady, there are a great number of equivalent resources in-doors, as calisthenics, dancing, battledore, la grace, or, *(better than all others for young persons,)* walking about with a bag of shots on the head, and throwing up oranges as the Indian jugglers do their brass balls—a game which soon becomes interesting, in which skill is soon acquired, and which calls into action all the muscles of the body and greatly improves the figure.

To guard against the evils above stated, from a cold easterly wind, the "respirator" is sometimes resorted to; but though an excellent invention, and often of great service in tracheal irritation, and especially to those whose occupation compels them to be out of doors in cold weather, it is here perfectly useless—it may even be said *injurious*, from offering a false appearance of security. The sand is vastly too fine to be arrested by it, and gets more ready access to the lungs through the mouth than through the nose.

Every one must have observed that in frosty weather there is a great difference in the temperature of the air which arrives at the lungs, through the open mouth and through the nose. When the *latter* does not even feel cold, the *former* will instantly give a chill, and produce coughing. The best respirator is that provided by nature, THE NOSE; and the health is materially influenced by the perfection or imperfection of this organ. Those who are not acquainted with the anatomy of its interior

may learn it from every calf's head split for the table. It will be seen that it is composed of a number of thin plates of bone parallel to each other and almost touching, each covered on both sides by a highly vascular membrane, which may be said to be constantly in a state resembling inflammation. Between these plates of bone the air is *filtered* and *warmed* before it enters the lungs. The vascular laminæ, which had been cooled by its passing over them, are themselves re-warmed by the same air when thrown out again, and are thus ready to perform the same office at the next inspiration. In gentle breathing this is quite sufficient, but in rapid breathing (from great exertion or from a high wind) we are compelled to open the mouth, because the nose alone will not admit a sufficient supply. Under such circumstances the respirator is an excellent resource; but it is no guarantee against the admission of fine sand, and it rather tends to teach the wearer the very bad

habit of unnecessarily breathing through his mouth.

In many persons the lining membrane of the nose is thickened so as to fill up the space between one bone and another; this is especially the case with persons of strumous habits, who thus "cannot breathe through the nose," but are compelled to keep the mouth almost constantly open. To these, also, the respirator is useful; but to the man who has no such obstacle to free respiration, and whose tender lungs forbid active exercise, that instrument is mischievous from the cause above stated.

A common objection to Brighton is, the absence of trees—a want more important elsewhere—since this town, being principally resorted to for the restoration of health, picturesque beauty is a matter of trifling importance. Foliage does not add to the salubrity *of any place*, and in excess is positively injurious. Many of the country seats of the gentry, so delightfully surrounded and embosomed in woods, are

from that very cause unhealthy. Independent of the interruption to the free circulation of air, which is so essential, the quantity of vegetable matter in a state of decomposition is sometimes productive of disease, more especially in spring and autumn. But if it were necessary and advisable it would be exceedingly easy to establish a complete covering of woods to the whole surface of the country in the environs of Brighton. Formerly, they stuck their young trees into the solid chalk or into beds of rounded pebbles, and then declared that *trees would not grow at Brighton.* We find in the gardens in the centre of the town and around the church, in Mr. Attree's park, and in Ireland's public gardens, that if young trees are planted in a sufficient quantity of good soil to enable them to establish a full supply of roots, they flourish luxuriantly. There are no finer trees in the kingdom than are to be found a mile from the coast, at Preston.

To give full instructions for even the *domestic* management of disease, would require a volume. The two grand classes of *scrofula* and *disease of the lungs* (the one often, though by no means always, a consequence of the other) would alone require a space much greater than that occupied by the foregoing remarks; but, as I am now addressing the public, I do not enter on them, as advice may be obtained on the spot, and in such cases no one would trust to his own judgment. There is great discrepancy in the mode of treating even the most curable disorders, and it does not follow that in each case *all are wrong but one.* Each practitioner of medicine, like each mechanic, becomes most expert in the use of the tools to which he is accustomed, though perhaps not absolutely the best for the purpose, and the choice of them did not, in the first instance, depend on himself, but his teacher. I have often smiled at the energy with which in *one* nation a certain plan is laid down as the only true and orthodox

mode of treating a disease, when, *in another*, I have seen the same object attained by the use of *means diametrically opposite, and (not to speak it profanely!)* nature has sometimes set both sets of practitioners at defiance, and cured the patient, not *by their aid, but in spite of them.*

All that an invalid can do in the matter is, to see that his attendant is a man of education and experience, and for the rest he must take his chance. This brings me to a subject which may not at first sight seem to the reader connected with my remarks on Brighton. It arises, however, very naturally, out of them, as he will find by a very short residence in that town.

The public, or at least a large portion of the public, always patronise most enthusiastically, and reward most liberally, the uneducated practitioner, who will *promise most largely.* In all times *quackery, superstition,* and *astrology* have been more largely rewarded than *sound medical practice, rational*

religion, and *astronomy.* I fear this depends on the original constitution of human nature, and that it can never be eradicated. Whatever may be the advances of science and of literature in the present MARCH OF INTELLECT, the triumphant success of quackery affords lamentable proof that wisdom and common sense are (to say the least) stationary. Poor common sense in these matters is like the pivot-man in the military evolution of *wheeling.* He steps as fast as the rest, and marks time as correctly, *but he remains on the same spot.* System after system of "pathy" drive each other out like pellets in a popgun, and will probably for ever continue to do so, depriving the well-educated practitioner of the rewards due to successful cultivation of one of the most laborious and most useful of the liberal arts, and sometimes inducing him, in despair of attracting notice by legitimate means, to descend to the practices which he despises. If he enter on this contest with the ignorant and the dishonest, *he is sure to*

be beaten, and he has not then the consolation in failure of retaining his own self-respect.

There is a strange propensity in the public to believe, that the man who is confessedly ignorant of even the very alphabet of science, and who yet professes to cure diseases which often baffle the skill of the best-informed practitioners—there is, I say, a great disposition to believe, that he *must* be in possession of some *mysterious means*, unknown to the profession.

Now, any man would consider it an insult to be seriously asked if, when Mr. Brunel repeatedly failed in his attempt to complete his tunnel under the Thames, he would dismiss Mr. Brunel, and try a ploughman who said "*he was* SURE *he could accomplish it*," although the ploughman confessed he did not know the *weight of water*, or the *meaning of the word mathematics*. Every man feels the absurdity of such a mode of reasoning in the common affairs of life; he never thinks of taking his watch to a carpenter for repairs,

even though he should suspect the watchmaker of sometimes charging for a new mainspring when the old one was not broken; but he will, without hesitation, place a diseased child under the care of a blacksmith; not considering, that if there be difficulty in the cure, that difficulty must be many times enhanced by the blacksmith's ignorance, first of all, of the structure and functions of the body, and next, *of the immense mass of even empirical knowledge which has been accumulating for centuries*, and to which every practitioner of education has necessarily added the results of *his own positive experience.*

Surely medical men are at least as much interested in the welfare of their children as the non-medical portion of the public, and would be as ready in difficult and doubtful cases to avail themselves of superior skill, however acquired; but we never find them resorting to these extra-professional workers of miracle. The advocates of non-medical theories sometimes astonish us by the cool-

ness with which they attribute this conduct to "professional jealousy." Now, even conceding to these enthusiasts, that there is something in the study of Natural Science, and the intimate contemplation of the noblest works of the Creator, which tends to debase the mind; that medical men, instead of being the most humane, are uniformly the most sordid of mankind, I suppose that no "Pathist" will doubt that even a medical man may be anxious to save the wife whose life-annuity is the main dependence of himself and his children; yet we see repeated instances where, under such circumstances, he lets her die, although a hundred Pathist protegées could have cured her.

It is difficult to write with temper on this subject, or to restrain indignation at the effrontery with which such charges are made against a body of men, not exceeded by any class in a devotion to the service of their fellow-creatures—a devotion seldom, if ever, adequately rewarded.

I would not be understood to assert, however, that faith in quacks is exclusively confined to the weak and the ignorant; on the contrary, it sometimes arises from the confidence of candid minds in the good faith of the promiser, who, from extreme ignorance, is often a believer in his own powers, as was the case formerly with those accused of witchcraft. The man who is moderately informed, knows that he is *ignorant of much, and doubts;* but the man who *knows nothing* believes that there is *nothing to be known,* and acts boldly even in sincerity, and the *consummate swindler* knows how to assume the air of candour which impresses conviction.

Faith in laical testimonials of cure will, however, for ever continue, notwithstanding the occasional shocks it receives from such exposures as that at Bath with the metallic tractors, which turned out to be two pieces of tobacco-pipe, after having performed miracles which put to shame those of Homœopathy, Allopathy, Hydropathy, Mesmerism, and every

other of the delusions, which excite notice for a time, and then sink into oblivion. There are no miracles in the records of the "healing art" so well authenticated as those performed by the ROYAL TOUCH in scrofula. The testimonials are minute, circumstantial, and above all suspicion of collusion or bad faith; yet they are sunk out of sight, and are only remembered as the contents of a curious chapter in psychology—the vagaries of the human mind.

The health of the Royal Family is an object of the deepest interest to every loyal subject of her Majesty, which is the same as to say, *every inhabitant of her vast dominions* — the mightiest empire that the world ever saw. I make to myself the occasion of saying a few words on this topic as connected with Brighton.

Whether her Majesty's continued absence

from Brighton be the result of her own judgment or of the discretion of her physician, the determination is a wise one. The position of the Pavilion combines more than all the disadvantages of the town, and escapes most of its advantages. Surrounded by high walls and houses, and the free circulation of air still further impeded by trees, it is, perhaps, the very worst spot which could be selected for her Majesty's residence. Every one must have observed, that from the causes above stated, the fog and the smoke linger there long after they have been dispersed from all other parts of the town. Neither is all this confinement accompanied even by the comforts of seclusion and privacy, for it is overlooked in every part by whole rows of houses higher than itself. Had it been originally well-built, and commodious, it would still not be a fit habitation for the Sovereign; but as it is, it must surely be an excess of kindness to the town, and complaisance to its inhabitants, which can

alone induce her Majesty to honour it with more than a very temporary occasional visit.

Looking forward to the probability of a numerous family, and to the importance of sea-air in establishing a vigorous constitution in children — that her Majesty may require an annual visit to the coast; considering the good which must arise to a great maritime power like this from the habits, tastes, feelings, preferences, and even prejudices of the Sovereign and the Royal Family being directed to *the sea*, the scene of our greatest triumphs both in peace and war; these, and many other considerations which might be named, make it *positively disgraceful to us* that there is not a fitting MARINE PALACE in a proper situation, with every comfort and appliance that modern art can furnish, and of a size and splendour befitting so wealthy a nation; surrounded, too, by a park of sufficient extent to allow the advantage of exercise without incurring the troublesome

manifestations of loyal but thoughtless curiosity, and where her Majesty's domestic quiet would only be interrupted when it was her pleasure to admit visitors.

This would, ultimately, be no disadvantage to the town of Brighton, which has long outgrown its dependence on royal patronage. On the contrary, if the ground now occupied by the palace and its gardens were judiciously laid out in a *splendid square and wide street*, with arcades to afford an agreeable promenade in wet or boisterous weather, it would not only be a vast improvement to the town, but, in a pecuniary sense, more than compensate for the absence of the Royal Family, by the great accession of wealthy visitors, to whom such an arrangement as I have suggested would afford very great attractions. The want of such a promenade is often lamented. It would tend to equalise the attractions of the three divisions of the town, and supply the sort of "Fashionable Exchange" which used

to exist on the Steyne. It would naturally be the spot for the military music, one of the few resources for the idle, and of which they are so often deprived by a storm or a showery day.

For the sake of her Majesty, and for the sake of the town, I should rejoice to see both plans adopted.

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